

Kern High School District

May 1, 2012 thru May 31, 2012 Spreadsheet

Special Ed. Daily Special Lch

	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Tue - 05/01/2012	756	57	1886	4.12	4.59	615.7	1379	212	52.41	36.57	105.71	19.38	23.08%	6.41	7.64%	*0.00	*0.00%
Wed - 05/02/2012	954	95	2418	12.49	6.86	700.1	5098	434	45.12	45.54	131.31	28.56	26.95%	10.95	10.33%	*0.00	*0.00%
Thu - 05/03/2012	782	8	821	8.54	3.25	467.4	8698	862	85.52	29.38	84.58	32.90	37.84%	6.93	7.97%	*0.00	*0.00%
Fri - 05/04/2012	657	*57	1487	*5.33	*5.00	*494.4	*4818	*238	*29.89	*32.11	91.48	17.97	24.63%	*3.21	*4.40%	*1.52	*2.08%
Mon - 05/07/2012	874	59	989	14.45	4.79	596.3	4377	766	267.77	35.67	136.07	21.45	22.09%	3.77	3.89%	*0.05	*0.06%
Tue - 05/08/2012	857	58	1936	7.45	4.46	564.3	18048	1812	101.99	44.01	107.63	28.16	29.56%	5.60	5.88%	*0.00	*0.00%
Wed - 05/09/2012	752	46	1878	9.92	5.40	636.0	7175	736	48.52	36.81	120.68	16.16	19.34%	4.76	5.70%	*0.00	*0.00%
Thu - 05/10/2012	767	33	1014	9.80	4.58	621.3	1320	144	60.86	27.80	125.91	19.62	23.03%	7.31	8.59%	*0.00	*0.00%
Fri - 05/11/2012	964	63	1696	9.50	4.99	501.6	17641	1768	28.07	40.30	121.93	34.79	32.49%	6.93	6.47%	*0.00	*0.00%
Mon - 05/14/2012	913	41	1792	13.04	8.08	850.9	2414	426	45.79	46.76	132.65	24.95	24.60%	7.80	7.69%	*0.10	*0.10%
Tue - 05/15/2012	725	49	2034	8.12	8.55	645.7	1369	210	52.41	32.55	109.77	17.64	21.88%	4.18	5.19%	*0.00	*0.00%
Wed - 05/16/2012	954	95	2418	12.49	6.86	700.1	5098	434	45.12	45.54	131.31	28.56	26.95%	10.95	10.33%	*0.00	*0.00%
Thu - 05/17/2012	782	8	821	8.54	3.25	467.4	8698	862	85.52	29.38	84.58	32.90	37.84%	6.93	7.97%	*0.00	*0.00%
Fri - 05/18/2012	657	*57	1487	*5.33	*5.00	*494.4	*4818	*238	*29.89	*32.11	91.48	17.97	24.63%	*3.21	*4.40%	*1.52	*2.08%
Mon - 05/21/2012	685	11	992	8.14	2.98	487.3	1512	193	96.59	24.03	96.32	21.89	28.78%	4.41	5.79%	*0.05	*0.07%
Tue - 05/22/2012	857	58	1936	7.45	4.46	564.3	18048	1812	101.99	44.01	107.63	28.16	29.56%	5.60	5.88%	*0.00	*0.00%
Wed - 05/23/2012	752	46	1878	9.92	5.40	636.0	7175	736	48.52	36.81	120.68	16.16	19.34%	4.76	5.70%	*0.00	*0.00%
Thu - 05/24/2012	928	51	2123	13.76	5.24	484.2	1772	202	88.22	33.95	147.51	26.34	25.54%	7.32	7.09%	*0.00	*0.00%
Fri - 05/25/2012	1018	32	1405	11.44	7.66	799.9	17820	1844	11.12	39.28	133.82	35.16	31.09%	10.25	9.07%	*0.00	*0.00%
Mon - 05/28/2012	0	0	0	0.00	0.00	0.0	0	0	0.00	0.00	0.00	0.00	0.00%	0.00	0.00%	0.00	0.00%
Tue - 05/29/2012	756	57	1886	4.12	4.59	615.7	1379	212	52.41	36.57	105.71	19.38	23.08%	6.41	7.64%	*0.00	*0.00%
Wed - 05/30/2012	954	95	2418	12.49	6.86	700.1	5098	434	45.12	45.54	131.31	28.56	26.95%	10.95	10.33%	*0.00	*0.00%
Thu - 05/31/2012	782	8	821	8.54	3.25	467.4	8698	862	85.52	29.38	84.58	32.90	37.84%	6.93	7.97%	*0.00	*0.00%
Weighted Average	824	*49	1643	*9.32	*5.28	*595.9	*6930	*702	*68.56	*36.55	113.76	24.98	27.29%	*6.62	*7.23%	*0.15	*0.16%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Apr 16, 2012

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Nutrient	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals	
	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Error Messages (if any)											
Calories	824		846	97%			22	Correction Required - Calories are Low										
Cholesterol (mg)	49		100	49%	Missing			Correction Required - Sodium too High										
Sodium (mg)	1643		1420	116%														
Fiber (g)	9.32		6.00	155%	Missing													
Iron (mg)	5.28		4.50	117%	Missing													
Calcium (mg)	595.9		400.00	149%	Missing													
Vitamin A (IU)	6930		1500	462%	Missing													
Vitamin A (RE)	702		300	234%	Missing													
Vitamin C (mg)	68.56		19.20	357%	Missing													
Protein (g)	36.55	17.75%	16.70	219%	Missing													
Carbohydrate (g)	113.76	55.23%																
Total Fat (g)	24.98	27.29%	<=30.00%															
Saturated Fat (g)	6.62	7.23%	<10.00%		Missing													
Trans Fat (g)	0.15	0.16%			Missing													

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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¹ - denotes optional nutrient values

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